

**ABSTRACT OF THE DISCLOSURE**

There is provided a topical lightening composition having a melanin synthesis-regulating agent and a vehicle. There is also provided a topical lightening composition having an extract of perilla leaf and a vehicle. There is also provided a topical lightening composition having a lightening agent selected from the group consisting of coconut water, palm water, palm nut milk, pecan nut milk, almond nut milk, cashew nut milk, walnut nut milk, concentrates of the foregoing, and any combinations thereof, along with a vehicle. The compositions and methods of the invention are effective to lighten skin, hair, lips, and/or nails.

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